



Henry County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments from 2001, the formation of CSH in the Henry County School System to present:

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Henry County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School health policies strengthened or approved include policies related to child abuse and neglect, medicines, physical education, student discrimination and harassment, bullying and intimidation, student wellness, student drug testing, and student psychological services. Health services policies approved by School Board include confidentiality 2003, Glucagon administration 2003, Healthy School Teams 2002, cafeteria employee screenings 2006, mass health screenings 2006, diabetes documentation carbohydrate counting 2007, flu vaccination program for staff, Family Resource referral, acetaminophen and ibuprofen dosing, skin lesions, food allergies, transition coordinator referrals, Diastat administration, automated external defibrillators (AEDs), student carrying medications on school buses, and pandemic illnesses. Updated health services policies include, Alternative School Student Medical Information documentation, lice, Individual Health Plans (IHPs), individual hearing and vision screenings, blood and/or body fluid spills, incident/injury reporting, Worker's Compensation, Occupational Exposure Control Plan, child abuse/sexual abuse, and immunizations. Other procedures updated included the emergency preparedness plans and procedures.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$175,786.00

The number of Henry County community partners working with CSH has increased two-fold since 2002. Some of the current partners are:

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| ➤ County Health Department | ➤ Tennessee Technology nursing program |
| ➤ Henry County Health Council | ➤ Paris Karate |
| ➤ Henry County Medical Center | ➤ Paris Police Dept / Sheriff's Dept |
| ➤ UT Extension Office | ➤ Freedom Fitness |
| ➤ Henry County Safe & Drug Free Task Force | ➤ PTO from Harrelson, Henry and Lakewood Schools |
| | ➤ MSU pathology students (6) |

- Puryear Lions' Club
- Tosh Farms

- John Paul Moody, with Covenant Ranch

Parent and Student Involvement

Parents are involved in numerous CSH activities. These activities include members on Healthy School Teams, members on School Health Advisory Committee, parents assisting with student health screenings, parents assisting with nurse bulletin boards, parents assisting with activities promoting nutrition and physical activity such as Lakewood Family Fun Day and Henry 'Get Active' Night, and parents assisting with Child Health Week activities. Currently, forty-seven parents are collaborating with CSH.

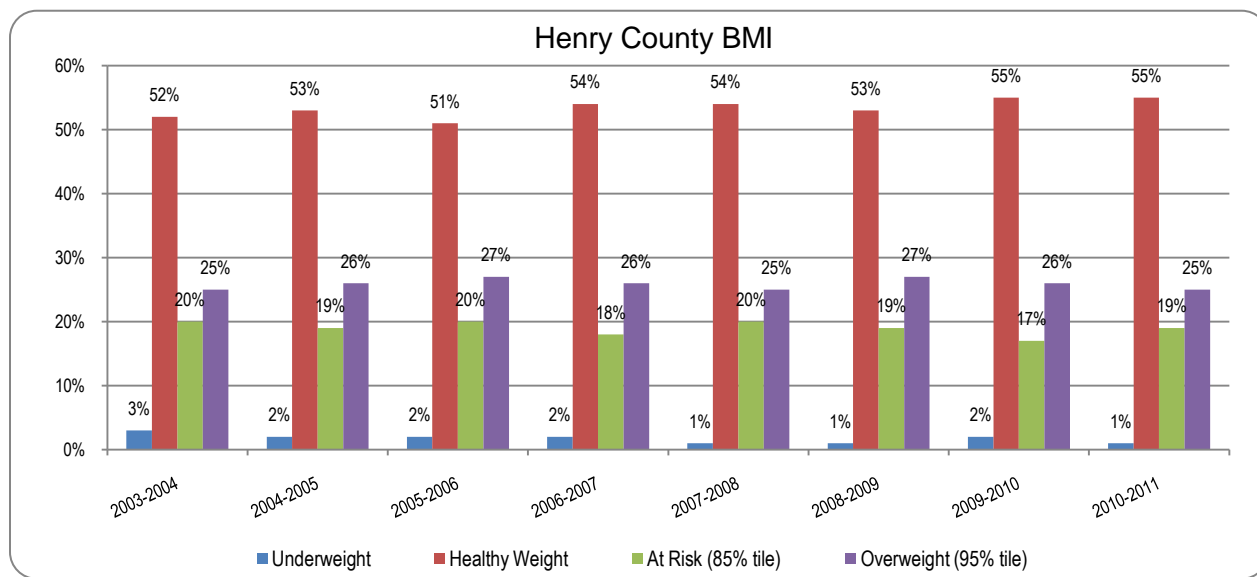
Students have been engaged in CSH activities. These activities include members on Healthy School Teams, members on School Health Advisory Committee, Girl/Guy Force which is twenty-seven high school mentors worked with fifth grade students. Seven high school students taught sessions throughout the workshop, Asset Team members are taught by upper class members of the team about developmental asset and team building activities, nurse bulletin boards, parent newsletters, morning health announcements, door decorations with health messages, assist with the Lakewood Family Fun Day event, Youth Day – high school Asset Team (5) taught seventh grade students developmental assets, Save a Heart – (15) seniors taught nutrition lessons at Save a Heart for freshman. A and P students taught pre-kindergarten students nutrition lessons, Grove Gets Fit – freshman students taught parents health and physical activities, morning health announcement during child health week by students on the Healthy School Team (20), Boost Up session at Go Green Assembly at Lakewood and hand washing rap (8 students), hand washing posters made and displayed throughout Grove Schools (25 students), door decorating contest at Harrelson (two classrooms participated - 60 students), banners – school wide at Harrelson, Grove and Lakewood schools, second grade students made hearts with health message for legislators (30), Lakewood Healthy School Team students read books about health to grades PK-3rd for child health week, and Henry Healthy School Team hosted Henry 'Get Active' Night. Approximately one hundred fifty-two students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Henry County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 70,182 screenings with 14,037 referred. The following is a composite data from 2004 through 2010. Blood pressure referred - 4%, hearing referred - 7%, vision referred - 23%, dental referred - 19%, and scoliosis referred - 11%. Students who were seen by a school nurse and returned to class have a composite rate of 97% for a 10-year period.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI measured for the Class of 2015 specifically, has decreased by 5% in the overweight/obese category from their Kindergarten through their 8th grade year.



Many items have been purchased with CSH funds to enhance school health efforts: These items include a climbing wall, staff wellness rooms x5, walking trail x2, concrete play areas x3, Take 10! curriculum, Michigan Model health curriculum, Sure Sight vision screener, audiometers (hearing screening) x6, and a Tanita machine (BMI)

Professional development has been provided to school health staff to include nurse to Sure Sight training, Michigan Model health curriculum, Take 10! curriculum, CPR curriculum, academics and health, suicide prevention, academics and sleep, brain food, brain breaks, mental health 101, TAPHERD conference for physical education teachers, SMART (Simulative Maturity through Accelerated Readiness Training), SPARK for physical education teachers in collaboration with the Stewart County School system, and Know your body health training

School faculty and staff have received support for their own well-being through staff wellness rooms in four of five schools and Central Office; monthly newsletters, health screenings, flu vaccines, competitions, and in-service.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions include Michigan Module health curriculum, Save A Heart, GirlForce/GuyForce, Miss Healthy, and Henry 'Get Active' Night;
- Physical Education/Physical Activity interventions include Take 10!, stability chairs, physical education equipment, Wii Fit, physical activity tapes (5 minute breaks) provided to K-5 Teachers and Grove Gets Fit/Grove Gets Moving;
- Nutrition Interventions include salad bars at all schools, parent monthly nutrition newsletter, pre-school parent meeting with nutrition information, and nutrition displays at various school endeavors such as Back to School Blast ;

- Mental Health/Behavioral Health Interventions include a Transition Coordinator, Service Learning Coordinator, mental health 101 training for all teachers and staff, and school guidance training in PREPARE.

In such a short time, CSH in the Henry County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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